# – "28 Days To A Client" –

## The Real War Mode Day Plan + Report.

| | Priority Level | Task List For The Day (Set Tasks That Make Progress Towards MY Goals) |
|---|---|---|
| 1. ✅/❌ | 1 ▾ | Morning Power-up call |
| 2. ✅/❌ | 1 ▾ | 100 push-ups |
| 3. ✅/❌ | 1 ▾ | Church with family |
| 4. ✅/❌ | 1 ▾ | Free value + cold email + send |
| 5. ✅/❌ | 2 ▾ | Review 2 pieces of copy |
| 6. ✅/❌ | 2 ▾ | Analyze sales page |
| 7. ✅/❌ | 1 ▾ | Daily war mode check-in. Plan for tomorrow. |
| 8. ✅/❌ | 3 ▾ | read |
| 9. ✅/❌ | 2 ▾ | Free time |
| 10. ✅/❌ | 2 ▾ | Go over TRW main campus courses. |
| 11. ✅/❌ | 2 ▾ | |
| 12. ✅/❌ | 2 ▾ | |
| 13. ✅/❌ | 2 ▾ | |
| 14. ✅/❌ | 3 ▾ | |
| 15. ✅/❌ | 3 ▾ | |
| 16. ✅/❌ | 3 ▾ | |
| 17. ✅/❌ | 3 ▾ | |
| 18. ✅/❌ | 3 ▾ | |
| 19. ✅/❌ | 3 ▾ | |
| 20. ✅/❌ | 3 ▾ | |

*Day Number: 6*

*Date: 3/19/23*

*Start Of The Day – Time: 9 am*

| 🙌 | 🙏3 Things That I Am Excited To Have In The Future?🙏 |
|---|---|
| 1. | I am excited to get my first client. |
| 2. | I am excited to work towards being the best version of myself. |
| 3. | I am excited to conquer this Sunday |

# ⏳ Hour-By-Hour Tracking: ⏳

## [Track+Measure=Improve]

| 💲 Task: | 💲 Task = Set The Task That I Intend To Complete This Hour? |
|---|---|
| 🔔Intention: | 🔔 Intention = What Is My Plan Of Action To Complete This Task For This Hour? |
| 🖊Reflection: | 🖊 Reflection = Did I Complete This Task For This Hour? If Not, Then Why? |

## My War Mode Words:

*1. I  Am Acting With No Limits To My Abilities!*

*2. I Am Being All That I Can Be, Every Hour And Every Day!*

*3. Every Word I Am Saying And Thought I Am Thinking Is Positive!*

*4. I Am Being Enthusiastic About Completing Each Task!*

## 5. I Am The Best Copywriter In The World!

| | |
|---|---|
| 💲 9 am: Task 💲 | 100 push-ups \| Brush teeth \| Eat \| Caffeine \| Morning-power up call |
| 🔔 Intention 🔔 | Start the day with a win. |
| 🖊 Reflection 🖊 | Completed this task. |

| | |
|---|---|
| 💲 10 am: Task 💲 | Pick a prospect, research the market, research the prospect, and create an Avatar |
| 🔔 Intention 🔔 | Research is there to inform you. |
| 🖊 Reflection 🖊 | Did research in the breakup recovery niche |

| | |
|---|---|
| 💲 11 am: Task 💲 | Lay out my free value. Write out my free value. No edits. |
| 🔔 Intention 🔔 | Speed. |
| 🖊 Reflection 🖊 | Laid out two Instagram captions. And wrote two Instagram captions.<br><br>I feel like I am getting WAYYYY faster when writing.<br><br>But I still feel like I am overdoing my research. |

| 💲 12 am: Task 💲 | Edit the free value. Write a cold email. Send the free value + cold email. |
|---|---|
| 🔔 Intention 🔔 | Get a reply from my prospect to showcase my skills upfront.<br><br>Be a solution to one of their problems.<br><br>Be seen as an asset. |
| 🖊 Reflection 🖊 | Wrote a cold email. Finished editing and writing the Two Instagram captions. |

| 💲 1 pm: Task 💲 | Eat. Review 2 pieces of copy |
|---|---|
| 🔔 Intention 🔔 | |
| 🖊 Reflection 🖊 | Review a couple of pieces of copy. |

| 💲 2 pm: Task 💲 | analyze a sales letter by Gene Schwartz |
|---|---|
| 🔔 Intention 🔔 | Increase copywriting principles. |
| 🖊 Reflection 🖊 | Didn't do this task. Did something else copy related |

| 💲 3 pm: Task 💲 | Go over TRW main campus courses. Pick up mom from work |
|---|---|
| 🔔 Intention 🔔 | Catch up on business education. Increase business IQ |
| 🖊 Reflection 🖊 | I did not do this task. |

| 💲 4 pm: Task 💲 | Go over TRW main campus courses. |
|---|---|
| 🔔 Intention 🔔 | Catch up on business education. Increase business IQ |
| 🖊 Reflection 🖊 | I did not do this task. |

| 💲 5 pm: Task 💲 | Go to my Grandama's house |
|---|---|
| 🔔 Intention 🔔 | Family |
| 🖊 Reflection 🖊 | Family. |

| 💲 6 pm: Task 💲 | Review the Free value that I sent this week |
|---|---|
| 🔔 Intention 🔔 | OODA Loop |
| 🖊 Reflection 🖊 | My gut is telling me to send more free value in a day now.<br><br>Time to be more efficient. |

| 💲 7 pm: Task 💲 | Dinner |
|---|---|
| 🔔 Intention 🔔 | |
| 🖊 Reflection 🖊 | Ate. |

| 💲 8 pm: Task 💲 | Daily War mode check in |
|---|---|

| 🔔 Intention 🔔 | Do something nice. |
|---|---|
| 🖊 Reflection 🖊 | Planned for Day 7 |

# 🌆 End-Of-The-Day Report: 🌆

| 🧠What Did I Learn Today?🧠 |
|---|
| I need to amp up the volume now for my free value + cold emails.<br><br>Finally got a neat flow, and I understand my process.<br><br>I feel lazier on Sunday. I need to change this. |

| 🆕What Do I Plan To Do Differently Tomorrow?🆕 |
|---|
| Tomorrow is the last day for week 1, so I won't change much. |

| 🆕What Do I Plan To Do The Same Tomorrow?🆕 |
|---|
| Tasks |

| 📱 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?📧 |
|---|
|  |

| 📝What Tasks Were Left Undone?📝 |
|---|
| I did not go over the TRW main campus's courses |

**Brain Dump:**